

Ironmaster Cable Tower Attachment Assembly and Use Instructions

Warning:

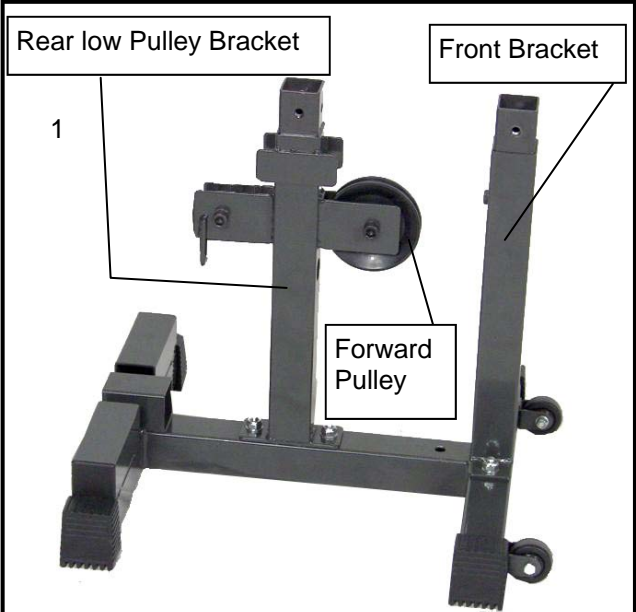
The Cable Tower attachment is designed to be used only in conjunction with the Ironmaster Super Bench, and cannot be safely used as either a stand alone device or with any other product.

Follow all assembly instructions carefully.

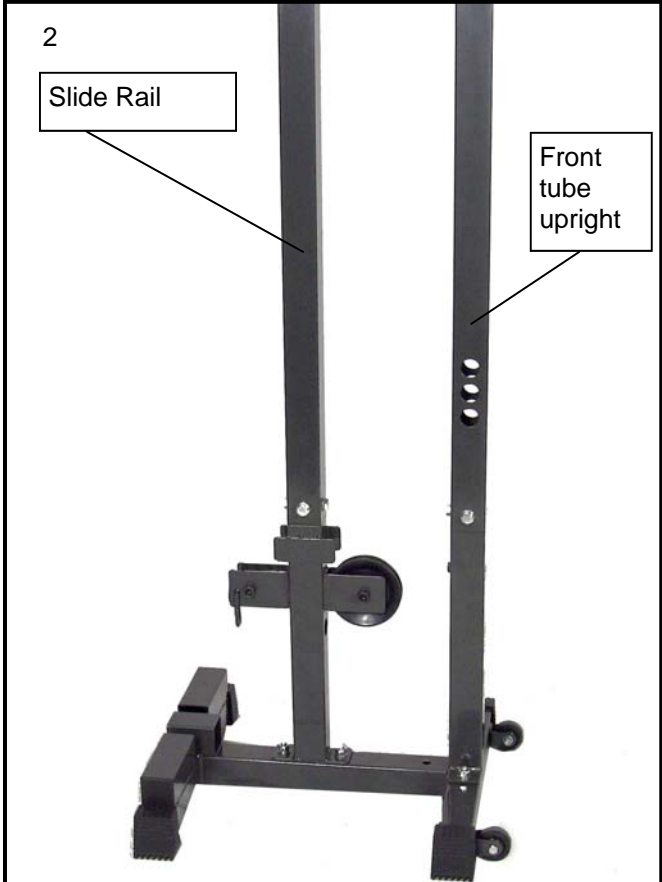


The Cable Tower Attachment is designed to connect to the Ironmaster Super Bench to allow upper and lower pulley cable work. It has a unique weight carriage that allows the use of the Ironmaster Quick-Lock Dumbbells to be the weight source or it will also work with Standard or Olympic style plates. The system capacity is rated at 250lbs.

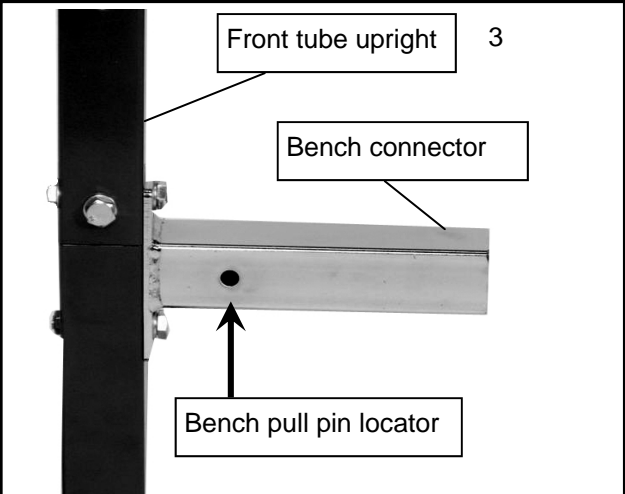
Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches. Unpack all the parts and make sure you have received all the parts as shown on the exploded view drawing and parts list. If you are missing anything or need anything, please call Ironmaster right away and we will assist you. 800-533-3339.



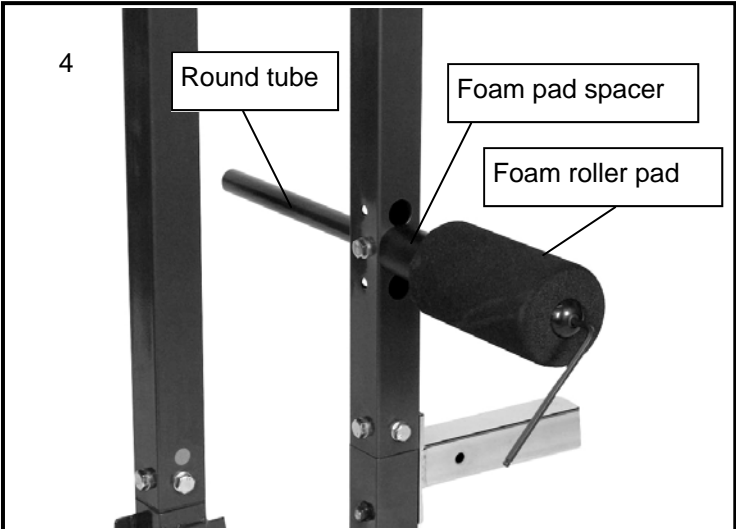
Step 1: Assemble FRONT BRACKET #11 and REAR LOW PULLEY BRACKET #15 to BASE FRAME #9 using bolts #1, washers #3 and Nuts #2. **Be sure to insert bolts from underside of BASE FRAME with nuts and washers on top.** Refer to exploded view on page 7 for orientation. Install forward pulley #15a using Allen head bolt #15b and Nut #15c. No washer is used. Leave nut hand tight for now.



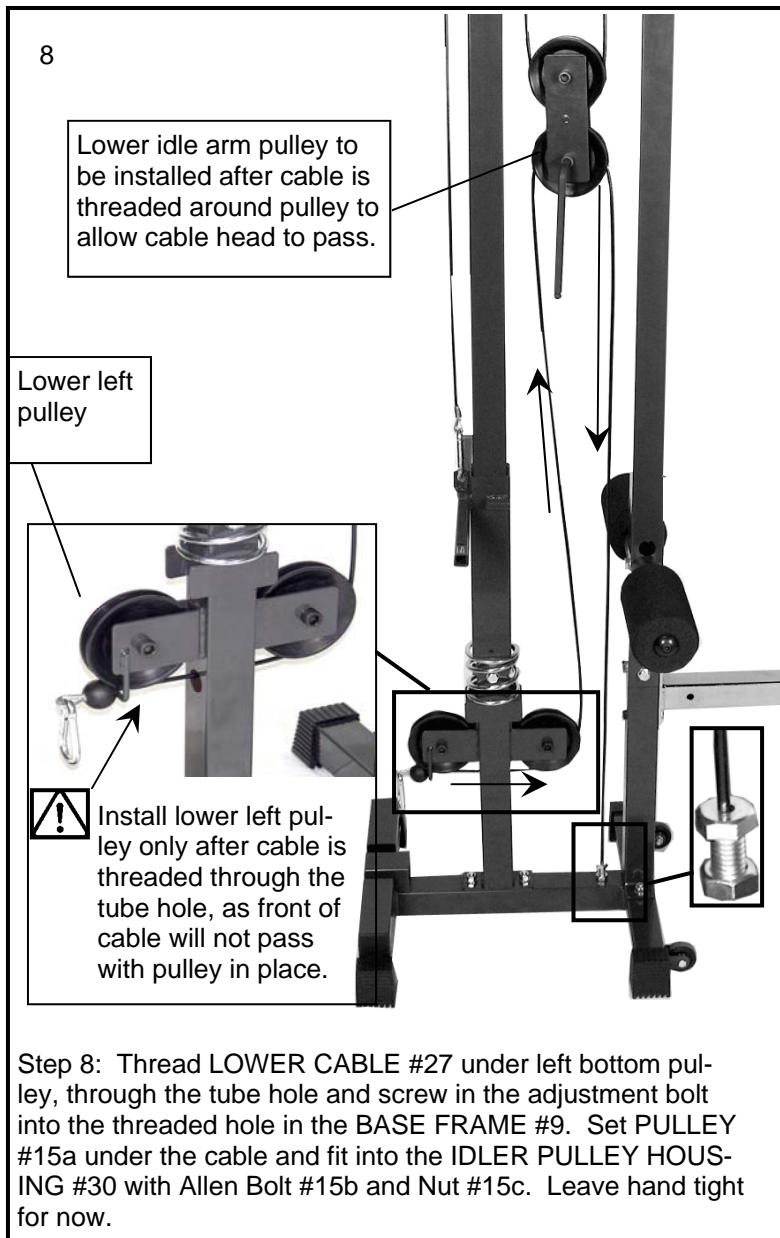
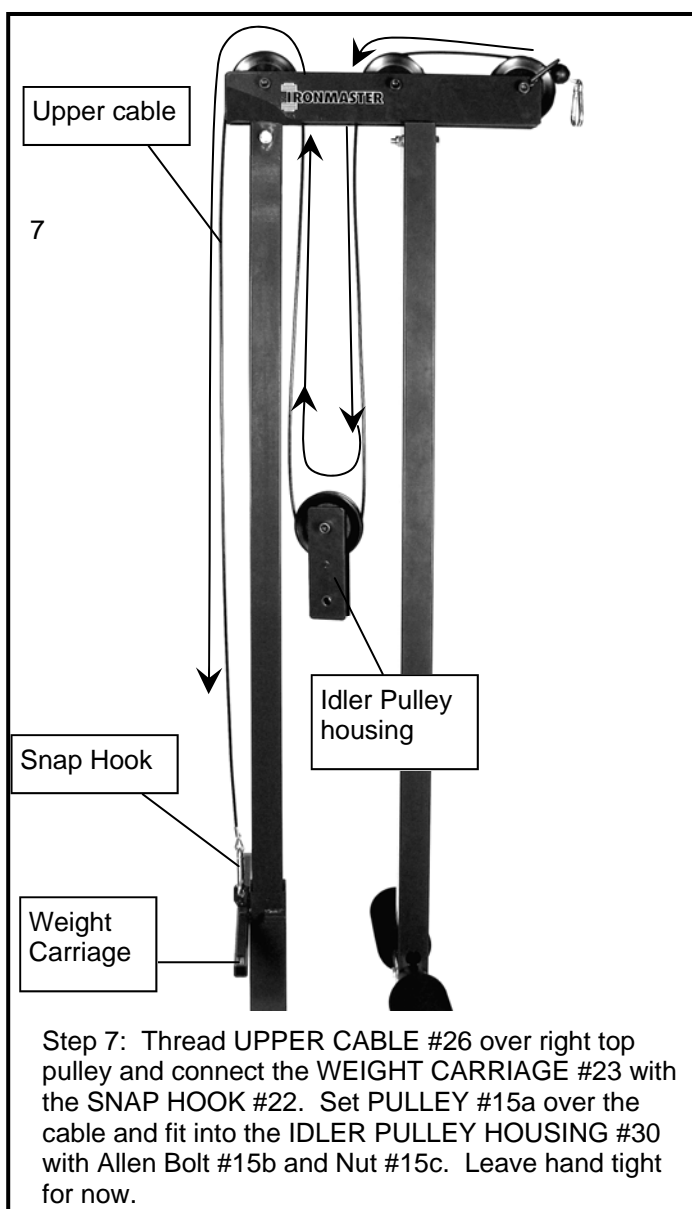
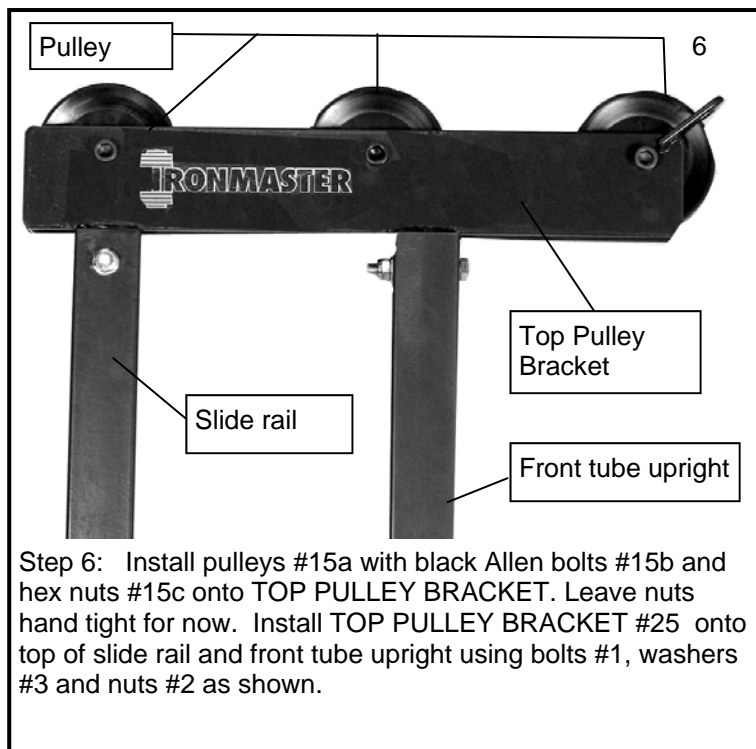
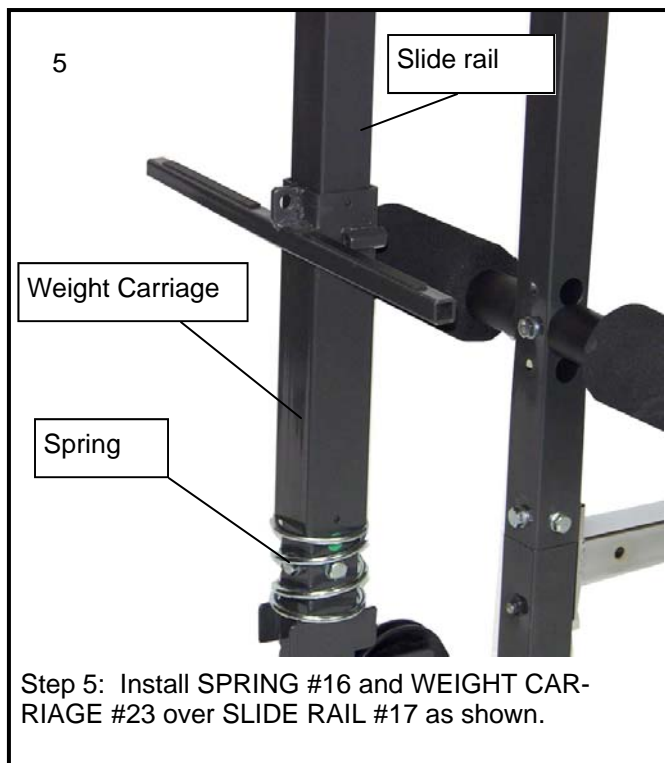
Step 2: Assemble FRONT TUBE UPRIGHT #21 and SLIDE RAIL #17 using bolts #4 and washers #3.

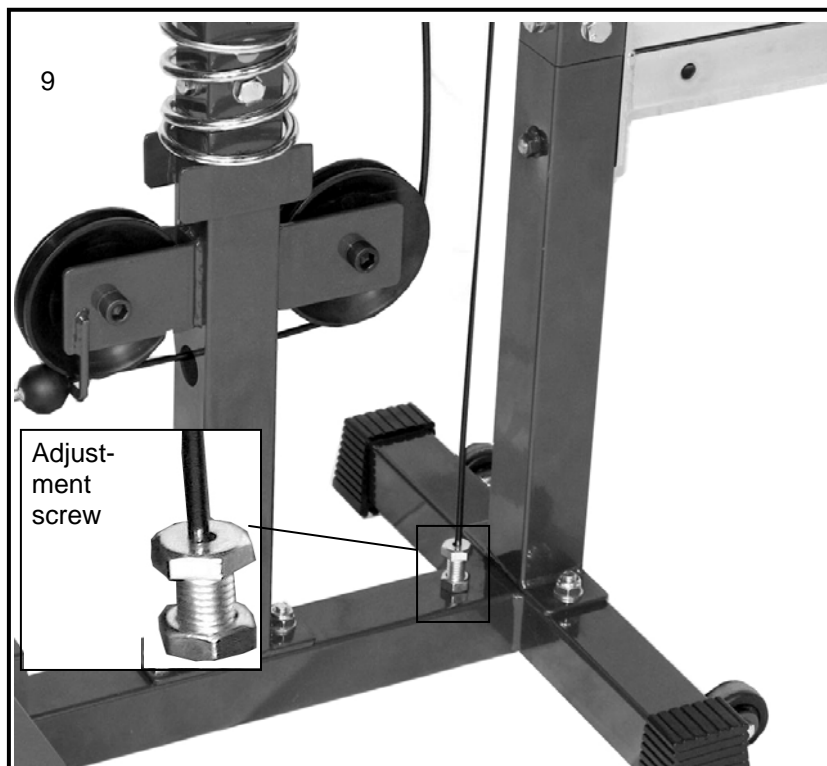


Step 3: Assemble BENCH CONNECTOR #10 (chrome plated) to FRONT TUBE UPRIGHT #21 using bolt #4 and washer #3 on top and Bolt #1 and washer #3 on bottom. Be sure to locate hole for bench pull pin on left hand side as shown. Note: The connector can be adjusted up or down to match up to the bench if necessary. **Leave the bolts finger tight until adjusted as a final step.**



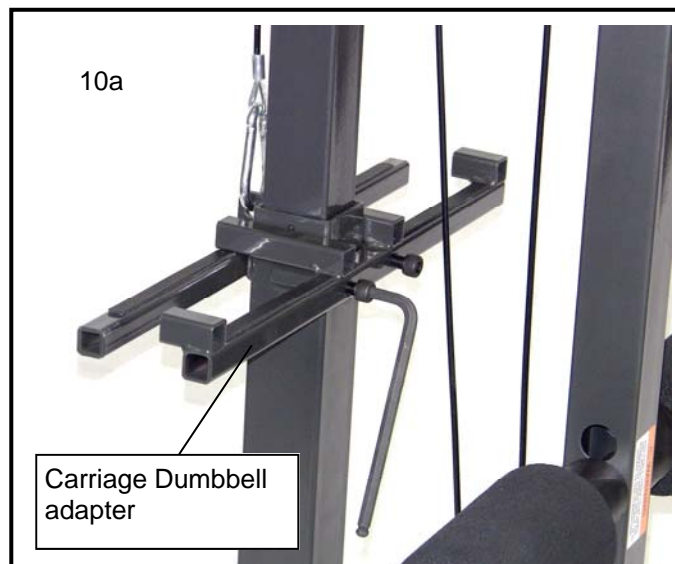
Step 4: Install ROUND TUBE #18 using bolt #5 and washer #3. Push FOAM PAD SPACERS #14 on first then the FOAM ROLLER PADS #13. Secure with bolt #7, dome cap #12 and washer #8 as shown in exploded view. Note: There are 3 height positions available so you can select the most comfortable height for the leg hold down.



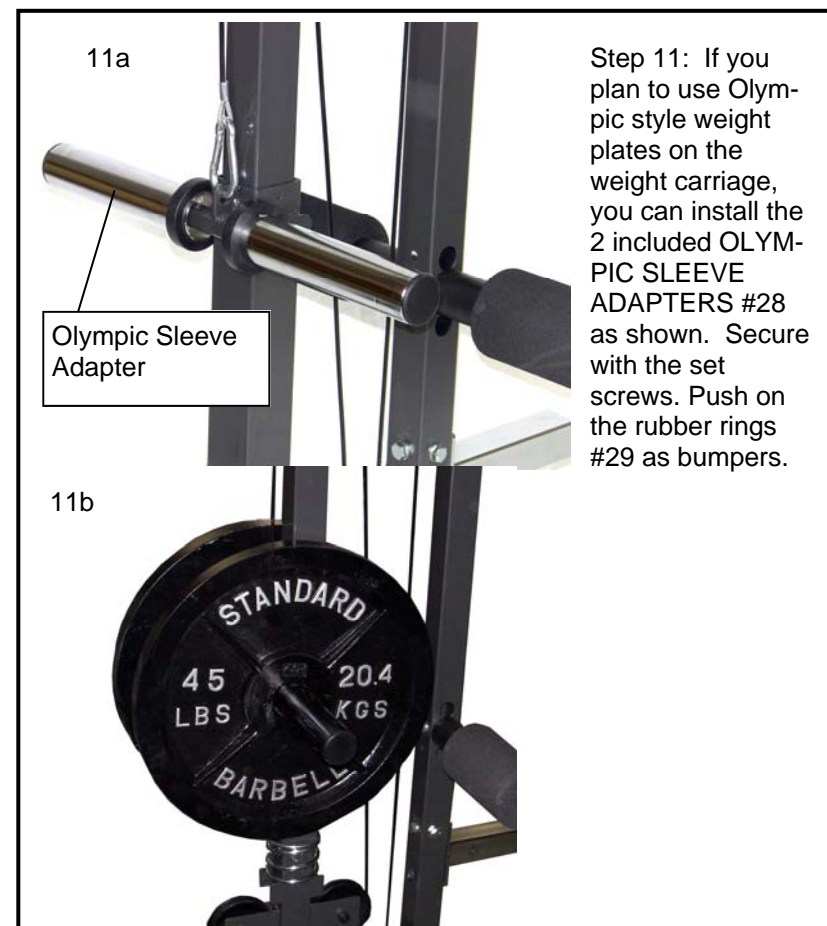


Step 9: Adjust the cable tension by screwing in the adjustment screw to remove the slack in the cable. Lock the position with the lock nut to the BASE FRAME #9.

Note: It will be necessary to readjust this screw after some use of the cable system. Adjust as needed. It is recommended to set some weight on the CARRIAGE #23 to pretension the cable before adjusting.



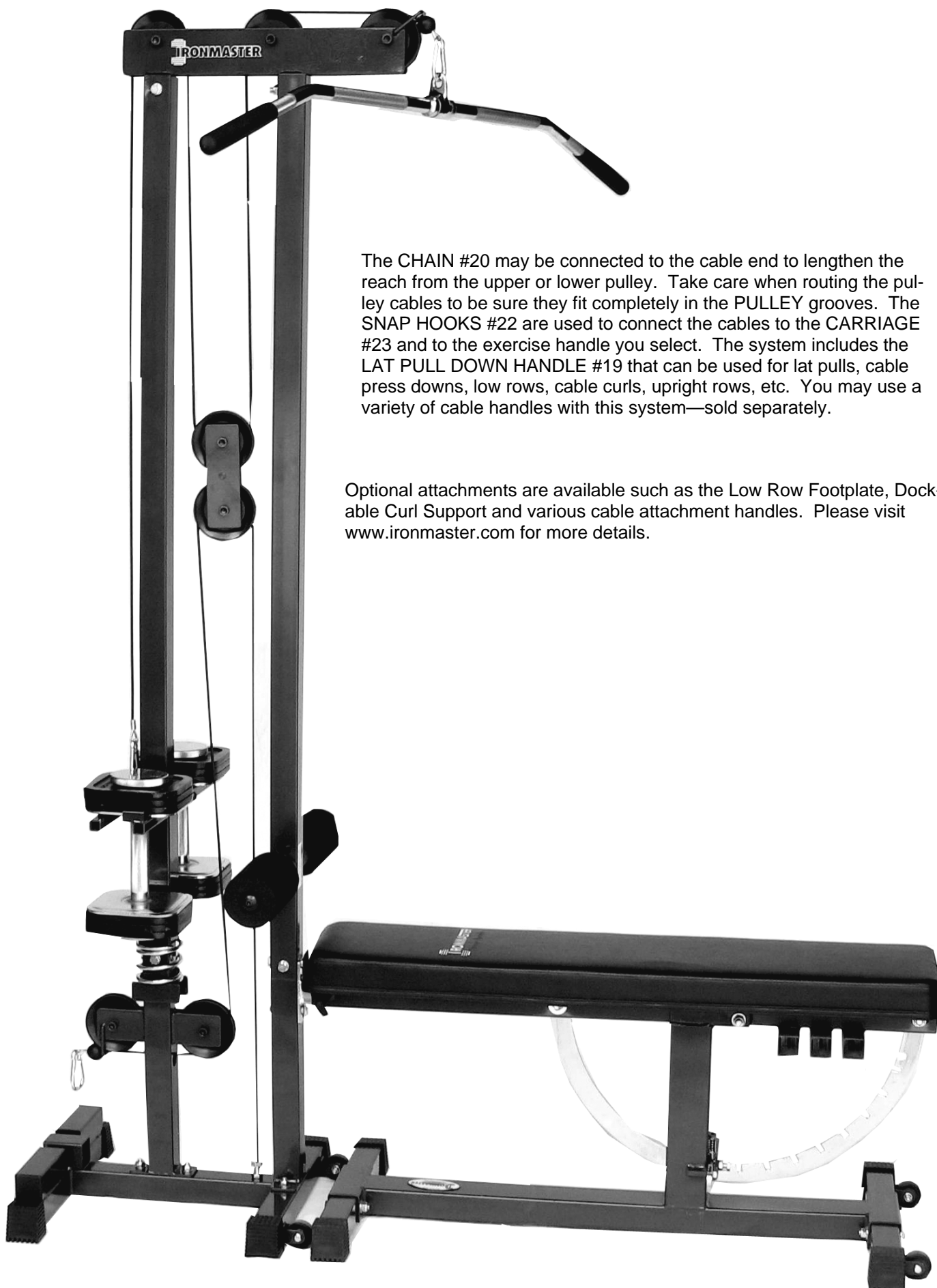
Step 10: If you plan to use the Ironmaster Quick-Lock Dumbbells as the weight source on the carriage, install the CARRIAGE DUMBBELL ADAPTER #24 using bolt #6 with the Allen wrench as shown.



Step 11: If you plan to use Olympic style weight plates on the weight carriage, you can install the 2 included OLYMPIC SLEEVE ADAPTERS #28 as shown. Secure with the set screws. Push on the rubber rings #29 as bumpers.

Important:

Be sure to check and tighten all bolts before use. It will be necessary to use a wrench to hold the nuts when tightening the Allen bolts on the Pulleys.



The CHAIN #20 may be connected to the cable end to lengthen the reach from the upper or lower pulley. Take care when routing the pulley cables to be sure they fit completely in the PULLEY grooves. The SNAP HOOKS #22 are used to connect the cables to the CARRIAGE #23 and to the exercise handle you select. The system includes the LAT PULL DOWN HANDLE #19 that can be used for lat pulls, cable press downs, low rows, cable curls, upright rows, etc. You may use a variety of cable handles with this system—sold separately.

Optional attachments are available such as the Low Row Footplate, Dockable Curl Support and various cable attachment handles. Please visit www.ironmaster.com for more details.

PARTS LIST FOR IRONMASTER CABLE TOWER ATTACHMENT

No.	Description	Qty	Detail
1	Bolt - M10x70	7	Chrome
2	Nut - Nylon insert 10mm	6	Chrome
3	Washer - 10mm	18	Chrome
4	Bolt - M10x20	8	Chrome
5	Bolt - M10x25	1	Chrome
6	Bolt- Allen Head M10x35	2	Black
7	Bolt- Allen Head M8x25	2	Black
8	Washer - M8	2	Chrome
9	Base Frame	1	Powder coated grey
10	Bench Connector	1	Chrome
11	Front Bracket	1	Powder coated grey
12	Plastic Dome Cap	2	Black cap for foam roller pads
13	Foam Roller Pad	2	Black Neoprene
14	Foam Spacer Pad	2	Black rubber - small
15	Rear Low Pulley Bracket	1	Powder Coated Grey
15a	Cable Pulley	7	Black plastic
15b	Allen Bolt –M10	7	Black finish
15c	Nut-Nylon insert 12mm	7	Chrome
16	Spring	1	Chrome
17	Slide Rail	1	Powder Coated Grey
18	Round Tube - 1" dia.	1	Powder Coated Grey - foam roller pad holder
19	Lat Pull Down Handle	1	Chrome
20	Chain	1	Chrome
21	Front Tube Upright	1	Powder Coated Grey
22	Snap Hook	3	Chrome
23	Weight Carriage	1	Powder Coated Grey with slide bushings
24	Dumbbell Adapter	1	Powder Coated Grey
25	Top Pulley Bracket	1	Powder Coated Grey
26	Front Cable	1	76" long with rubber stop
27	Rear Cable	1	130.5" long with rubber stop
28	Olympic Sleeve Adapter	2	Plastic Black, 2" x 9"
29	Rubber Bumpers	2	Ring for when the Olympic sleeves are used
30	Idler Pulley Housing	1	Powder Coated Grey

Warranty Information:

Your Ironmaster attachment has a limited 10 year warranty to the original purchaser. Cables and padding are covered for two years. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.

Exploded View—Ironmaster Cable Tower

